

MILWAUKEE COUNTY SENIOR DINING

MUSLIM COMMUNITY & HEALTH CENTER

803 W. LAYTON AVENUE



FOR CURBSIDE PICK-UP
MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESERVATIONS REQUIRED 3-DAY NOTICE 414-939-4411	Grilled Chicken ¹ Rice Hummus Salad Bread Fruit	Chicken Tikka ² Chana Masala Salad Raita Naan Pear	Haleem ³ Mixed Vegetable Rice Salad Raita Bread Grapes	⁴ FRIDAY FISH FRY
Burger ⁷ Bun Fries Beans Salad Apple	Kofta Kebab ⁸ Rice Baba Ghanouj Salad Banana	Reshmi Kebab ⁹ Chana Daal Salad Bread Melon	Nihari ¹⁰ Matar Rice Salad Bread Fruit	¹¹ FRIDAY FISH FRY
Pasta w/Ground Beef ¹⁴ Lentil Soup Salad Hummus Bread Orange	Fajita Wrap ¹⁵ Hummus Salad Raita Fruit	Chicken Boti ¹⁶ Mixed Vegetables Salad Bread Grapes	Chicken Karahi ¹⁷ Chicken Frontier Rice Salad Bread Pear	¹⁸ FRIDAY FISH FRY
Chicken ²¹ w/Potatoes Hummus Salad Bread Banana	Kebab ²² Rice Baba Ghanouj Salad Bread Apple	Seekh Kebab ²³ Malai Kofta Salad Bread Fruit	Chicken Korma ²⁴ Black Masoor Daal Salad Bread Melon	²⁵ FRIDAY FISH FRY
Grilled Chicken ²⁸ Rice Hummus Salad Bread Fruit	Fajita Wrap ²⁹ Salad Raita Bread Orange	Chicken Biryani ³⁰ Palak Paneer Salad Raita Pear	Keema Matar ³¹ Chicken Makhani Salad Bread Grapes	Suggested Contribution \$3.00 60+ Find us on Facebook

Can Processed Food Be Healthy?



There are a lot of conflicting messages about what processed food is.

Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, and some are packaged to last longer or for food safety. Even foods labeled "natural" or "organic" can be processed.

More people are paying attention to processed food.

74% of consumers prefer less sodium in processed foods.

Almost **50%** of consumers have tried to eat fewer processed foods.



What do you need to know?



Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.



Some foods are processed with ingredients typically used in cooking, such as salt or sugar.



Highly processed foods are manufactured with ingredients that are not typically used in cooking.

1 Choose healthier processed foods.

By one recent estimate **highly processed foods** contribute

50% of the calories & **90%** of added sugars in the American diet

It's important to:

- Read food labels.
- Look for the **Heart-Check mark** on packaged foods.
- Make healthier choices when eating out.



2 Seek healthier alternatives to highly processed foods.



Cook more meals at home.



Swap highly processed foods with less processed options.



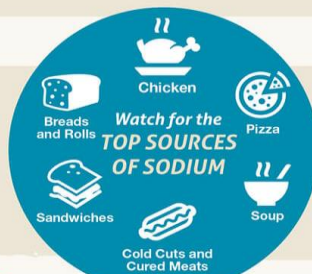
Try fruits and vegetables from the produce aisle, the farmer's market, or your own garden.

3 Watch out for sneaky sodium.

Extensive research has shown that too much sodium is related to high blood pressure, a primary risk factor for heart disease and stroke.

Shake your sodium habit.

Most of the sodium we eat comes from **PROCESSED, PREPACKAGED, AND RESTAURANT FOODS, NOT THE SALT SHAKER.**



4 Take your food into your own hands.



American Heart Association advocates have written **more than 29,000 letters to the food companies and restaurants** that provide processed foods, asking that healthier options be made available.

You can too! Join our growing community, take action, get helpful tips and #BreakUpWithSalt today by visiting heart.org/sodium.



eat right Academy of Nutrition and Dietetics

NUTRITION & ORAL HEALTH: THE ROOT OF IT ALL

Registered dietitians at the Academy of Nutrition and Dietetics recognize a link between mouth health and nutrition. Oral infectious diseases, as well as acute, chronic and terminal illnesses with oral symptoms can impact not only our ability to consume food properly, but also our health and nutrition status.

ORAL HEALTH ISSUES IN OLDER ADULTS (65+ YRS):

1/3 HAVE UNTREATED DENTAL ISSUES



- 1 **40%** have periodontal (gum) disease.
- 2 **2x** more likely to be toothless if living in poverty.
- 3 **25%** have no natural teeth and instead use dentures or implants.

FOR MANY, AN ANNUAL DENTAL EXAM IS A LUXURY



*TOP 10 STATES WITH THE HIGHEST % OF DENTAL VISITS:

72% on average have health insurance

*BOTTOM 10 STATES WITH THE LOWEST % OF DENTAL VISITS:

56% on average have health insurance

ORAL HEALTH ISSUES IN CHILDREN (2-4 YRS):



Tooth decay has increased, with significantly more reported among non-Hispanic Black & Mexican-American children.

THE DON'TS FOR ORAL HEALTH

- DON'T** regularly sip on sugar-sweetened or carbonated drinks.
- DON'T** overly consume sticky foods or slow-dissolving candies.
- DON'T** frequently eat desserts or other sugary foods.

THE DO'S FOR ORAL HEALTH

- DO** maintain a healthy diet of fruits and vegetables, lean protein, low-fat dairy products and whole grains that provide essential nutrients.
- DO** practice good oral hygiene (i.e. brushing your teeth with fluoridated toothpaste twice a day; drinking fluoridated water and seeking regular oral health care).

ORAL HEALTH CARE & NUTRITION IS ABOUT EDUCATION
But the collaboration between patients, dentists and registered dietitians can prevent and alleviate a lot of common dental problems – and offer better health to boot!

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Position of the Academy of Nutrition and Dietetics: "Oral Health and Nutrition" (May 2013). <http://www.eatright.org/resources/position-statement> 10-4324.
Dietary Guidelines: "Residents in Maine, Connecticut Lead Nation in Dental Visits" (Sept. 2015). <http://www.eatright.org/resources/press-releases> 10-4324.
*Based on a 2011 Gallup study of more than 177,000 interviewees ages 18 and over who say they visited the dentist between January and June 2011.